

# ISSUES MAGAZINE

Resources for Connecting,  
Healing & Awakening

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February/March 2003

Johnsons Landing Retreat Center - Group Room • See page 9 for details







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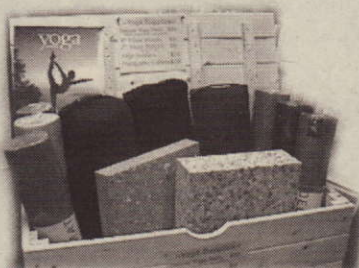
**Westbank • April 19 - 20 Investment \$175 plus GST**

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## Off Centred in the Tao..... Trusting Your True Nature

by Hajime Harold Naka

Over the course of sixty-three years of cultivating the Tao, I have observed many changes in myself and the world. In my past life (before Qigong-TaiChi) I was a social misfit, searching for happiness, peace of mind, meaning in my life and a home in my heart. I was so insecure, immature and lonely that I would act out against society by adopting an anti-social attitude and behavior, just to get attention.

It wasn't until I was in my late thirties that I was ready to shed my cultural straitjacket and express my true nature (inner dancer). The joy of movement that I experienced was very liberating and empowering, but as fate would have it, I had also discovered my old sports and work injuries. The thought of not being able to enjoy my Qi-dancing was quite depressing. I remembered the saying "Every dark cloud has a silver lining," and as if by magic, the dark cloud over my head lifted and a silver lining appeared in a TaiChi Form. I was offered a new lease on life and an opportunity to dance to a different rhythm. The slow, nonstressful, rejuvenating movements of TaiChi suited my body and I was hooked. After a year and a half of diligently practicing the form I decided to start my own classes. My intention was to create a space where people could be empowered to dance into wholeness. Everthing that I was seeking in my youth, I have found in Qigong-Tai Chi. It has become my life's work and service. I have discovered that the most powerful medicine doesn't come in a bottle, it is available to everyone and it is free.

Today, I am a radical Urban Taoist visionary rebelling against a society that is dysfunctional and in denial. My vision for the 21st century is to make a difference in the world by being myself and trusting my true nature. I encourage people to cultivate self-healing and self-discovering by listening to the wisdom of the body, heartmind and trusting their true nature.

Harold will be a presenter at the Spring Festival of Awareness April 25, 26 & 27. See the back section for details.



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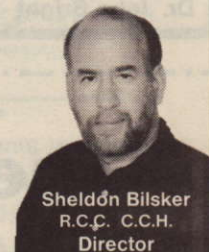
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## How a Small Group of People Can Make a Big Difference

by Libby Denbigh

One sunny Friday in June 1996, disaster struck. Fire destroyed some buildings on Victoria St. in Kamloops, including The Zone Organic Grocery. At the time this was our only local source of organically produced food. The next day a group gathered on a friend's lawn. The question was "What do we do now?" I remember the sense of frustration and disbelief. For the last three years we had built our food shopping habits and a slice of our social lives around an emporium that stocked everything from books to organic lettuce to friendly advice about herbs. There was even an organic lunch bar. Yes, we were spoiled, and now it was gone!

Soon afterwards an organic market started on the north shore of Kamloops, only to close within a year. A couple of other stores began to carry some organics. But by this time a small group had come together with a very ambitious vision. That vision centered on the ideas of community, of cooperation, and of a food supply produced without use of earth-depleting poisons.

In the fall of 1997 the Kamloops Organic Food Co-operative Association was formed with the goal of opening a storefront that would sell organic food at reasonable prices. A board of directors and a core of volunteers began to work to raise funds and sell memberships. With the optimism born of inexperience, we hoped to be open by the next summer! That was five years ago! We held auctions, dinners, dances, concerts, and garage sales. People donated time, energy, skills, talent, and yes, even money. We had a few setbacks, and did a lot of learning. Fortunately we are a determined group. On December 16th, 2002 we opened the doors of our beautiful Organic Food Co-op at 441 Seymour St. Our membership now numbers over five hundred people. Because we are a "co-operative", each one of those members shares in the ownership and operation of the store. We support local food producers and other local businesses to build a strong community. Best of all, we are committed to organics. And of course, everyone is welcome to shop in our store!

This is not the end of the story, just the beginning. (We still don't have our organic lunch bar!) We were truly spoiled back in the years of The Zone. We intend to feel that way again!

**Libby Denbigh, director,**

**Kamloops Organic Food Co-operative**

**250-372-9957 email: ddenbigh@sd73.bc.ca**

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# Spa Therapy

by LoraLee Hull

Over the years, I have often wondered if spa treatments would ever evolve to what I had hoped and expected as an aromacologist and licensed esthetician. Spa literally means water therapies, but has been modified into self indulgence and pampering, like it is today. In a society full of stress and rush it can be valuable to experience spa body treatments for a deeper and calmer inner self. Spa treatments can help keep the body balanced and healthy by nurturing the mind and the body. It can help to keep a person centered and increase productivity within the work place. I have had the pleasure of experiencing many different kinds of stress relieving treatments and have always opted for the more natural approach.

I am aware however, that much of the spa industry has gone chemical and the focus is now on quicker results, more money, and less pampering. It is such a shame that when our stress levels are going higher, our cosmetic and hygienic products are becoming more chemical. Everyone's body can benefit from products with a more natural approach, that stimulate the senses and invigorate the mind, body and soul.

We need to get back to nature and take more interest in ourselves and our health and how to prevent illness and mental and emotional stress. Spa should not be cosmetic cover-ups that can mask the destructive effects of stress, but a natural and healthy approach to overcoming stress and increasing awareness of the causes and preventative measures. For example, Aromatherapy has become a mainstream spa therapy. Those who know the therapeutic benefits that essential oils can have on the body's systems, have brought a better understanding of what aromatherapy is and made stricter guidelines for therapists to follow. If you're interested in aromatherapy then please take time to learn how to use it safely and effectively.

Spa is now turning rapidly toward natural ingredients in their chosen products to achieve optimum skin and emotional health. Although there are very few places where the accent is on learning ingredients before actually buying products for the home or business, it is essential to be aware of ingredients regarding spa, as our skin is our largest eliminative organ and anything we use or apply to it has an effect. Take time to look for the more natural approach and take interest in asking spa owners how they do certain treatments. The products used and how a service is preformed should not be a secret.

Remember that awareness can help prevent misunderstandings within the spa industry. In short I feel it is always recommended to learn about the effects of natural care, short or long term. It is amazing how many people are out there practicing treatments without any training or education.

Take care of yourself on the inside and outside for optimum health and remember, never stop learning or moving ahead. The Creator has supplied us with a limitless garden of healing. If only we would go back to nature for our well-being we would overcome many stresses that life hands us daily!!!

See ad to the right



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"Oh, the songs we hide, singing them only to ourselves."

-Theodore Roethke

Do you want to write? Have you started and then given up? Here is a chance to explore your inner landscape and learn how to express yourself with freedom and integrity. Deep inside each one of us is the impulse to express our true self. This is a sacred impulse, and our life unfolds when we allow ourselves to honour the longing to find our own voice.

Your writing will open you up if you take it on as an actual practice. In this workshop you will do yoga, meditation and work with partners. Often it's more like play. All these practices have one purpose: to allow you to slip out of the tight grip of ego, and be natural, free and spontaneous. We learn how to bring our whole selves to the page. Many voices wait inside us, until we are ready to listen. This kind of writing helps us to respect the mystery of our own lives, day by day.

Shayla is a speaker, mother, singer and writer. She worked in India with Mother Teresa, and studied Zen with Joshu Sasaki Roshi. She lived in India for 23 years, where she received her teaching degree in yoga and meditation. She has taught philosophy, yoga, speaking and writing all over the world.



### Upcoming Workshops

**Sat. Feb 8**  
\$45, Nelson Rec.  
Commission,  
Nelson, BC

**Sat. Feb 22**  
\$50, Selkirk  
College,  
Castlegar, BC

**April Weekend**  
**Workshop April 12-13**  
\$279-\$346, Green House,  
Christina Lake, BC

**Shayla Wright 250-352-7908**

# The Granby Wilderness Society

The Granby Wilderness Society is a non-profit organization based in Grand Forks. Our work focuses on preventing the extinction of the endangered Granby grizzly and on promoting community-based, sustainable solutions, which do not deplete or harm the environment and quality of life in the Boundary region.

The Boundary is a transition zone, between the dry Okanagan and the wet Kootenays. On the edge of the desert, it is very vulnerable to climate change: forest clearcutting on a massive scale is impacting water and wildlife habitat, as well as resources for future generations.

We have a quarterly newsletter and a Coffee House every Spring and Fall, to update people on the current issues. A great opportunity to meet people, listen to wonderful music, and enjoy delicious deserts and refreshments.

We are having a Spring Raffle, (details below on the next page). We also sell organic cotton T-shirts with the Granby Grizzly, original design by Julie Draper on the front. It depicts the biodiversity of the Boundary region, for which the endangered Granby grizzly is an "umbrella" species.

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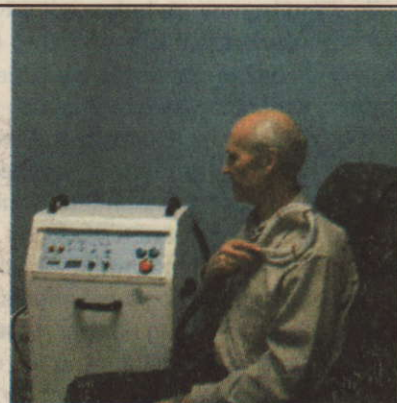
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# THE MAGIC KEY TO UNLOCKING THE HEART

Gina Mae Breitreutz, B.Ed, RMT, PT, Doula

My heart was constricted, my defences were up, and my emotions were shut down. I lived from a place of fear, sadness, and self-contempt. If anyone had pointed this out, I would have brushed them off with annoyance and carried on with my analytical way of being, righteous in my emotional pain, indignant to the world, and intolerant of the people in it.

I was reluctant to take **The Magic of Body Mind Communication®**, a course offered by Hermann Müller from Queensland, Australia. It seemed like a lot of time and money to invest, yet something about Hermann compelled me. I intended to go to the first day of the class only, wanting to meet this interesting man and learn about face reading.

The first day was dynamic, powerful, and compelling. I stayed for the rest of the course, eagerly soaking up every bit of wisdom I could from a remarkable, compassionate teacher. Gently, I was taught how to open back up to life. The contrast has been stunning. Sitting in the seat of an open heart, filled with feelings of love, connection, and compassion is a powerful and nourishing place to live from. My personal and professional lives have blossomed effortlessly, magically.

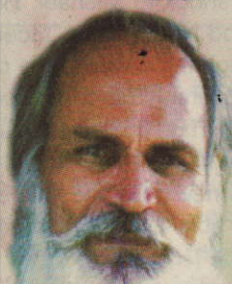
I believe body mind analysis and psychosomatic therapy to be a near perfect vehicle for personal growth. Hermann has a gift for transforming perceptions of self and the world, causing a deep shift in body, psyche, and spirit. A rare light in this world of judgement and intolerance, Hermann's open heart shines its light into yours with boundless, compassionate, loving energy. Boundaries you've imposed upon yourself dissolve, and the interlocking webs of energy among all living beings weave into your world, softening and illuminating it. The door to self-love, understanding, connection, and compassion swings gently open.

There is no coercion to see the world his way. Instead, you are shown the vast treasure chest of strength and wisdom within you, all you will need to attain every joy you've ever imagined. Hermann offers you the key to unlock your heart, so you can express your soul's light to the world. It will feel as if you are becoming who you always knew you were.

Taking those few days off was a bit of inconvenience and rearranging but investing in myself has paid back in unimaginable ways. I feel as though I have been transformed from a child of darkness to a being of light. And the world is shining this beautiful, shimmering light right back at me. Thanks to **The Magic of Body Mind Communication®** I love my life, my body, my career, my soul, and my world. *see ad below*

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## Granby Wilderness Society Spring Raffle

**Draw: April 15, at 7pm at Selkirk College, Grand Forks**

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- 2nd:** Pine-needle basket by Métis Artist Danny Apukoses \$450
- 3rd:** Pair of Birkenstock sandals donated by Krafft-Import \$125

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**Available in Penticton at the Rainbow Connection, 254 Ellis St. or Grand Forks by contacting the organization below.**

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Write: Granby Wilderness Society, Box 2532, Grand Forks, BC V0H 1H0

Email: [info@granbywilderness.org](mailto:info@granbywilderness.org)

Website: [www.granbywilderness.org](http://www.granbywilderness.org)



# Gift of Love

by Shirlee Petrat

I can't say I've always wanted to be an organ donor. Sure, I must have thought about it in passing and probably said, "No way! Not me!" I may have considered organ donation if it were necessary to save the life of a family member or donating my body parts after I was no longer using them. But to give an organ to someone I hardly knew? I think not!

On February 4th, 2000, I met a vibrant gentleman who was the picture of health and vigour. Three short months later, his doctor told him he was in end-stage renal failure. Michael's immune system had been attacking his own kidneys and they had become damaged to the point where they could no longer clear toxic waste products from his blood. This was a life-threatening situation.

Of course, this was a tremendous shock to Michael. He was young and had always been in good health. Now, faced with a lifetime on dialysis, he went through the whole range of emotions. There was denial and anger at first. (There must be some mistake. How could this happen?) Then there was bargaining. (Okay, what can I do to reverse this?) Then, depression, when he realized his life would never be the same. Finally, acceptance came when he was able to ask: "All right. What's the next step?"

The next step turned out to be having his name put on the

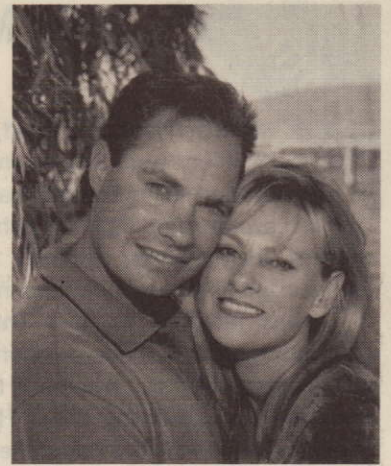
list for a kidney transplant. With horror, he learned that the average wait was about eight years. His doctors were predicting that his kidneys would fail completely in a matter of months! This would mean spending almost a decade of his most productive adult years on dialysis. Let me tell you, during those months following Michael's diagnosis, I learned a lot about kidneys and how they serve us. I no longer took them for granted. Through all the research Michael and I did on kidneys and the transplant process, I gained the confidence I needed in order to think about the importance of live donation and how it can save another's life.

I was tested as a possible donor. By some miracle I was an almost perfect match. In fact, Michael and I were more closely matched than most siblings! I knew I could not sit on the sidelines and watch him face life as a prisoner to a dialysis machine. I am now living life quite happily with one kidney. Our surgery was very successful and Michael is doing fine. He has his life back.

Our recovery time was filled with Yoga, meditation and a diet full of fresh vegetables, fruits, and grains. I was back to work six weeks later, using Yoga and resistance training to build my strength.

On February 3rd, exactly three years after meeting my husband Michael, I am opening 'Absolute Yoga', in Penticton. 'Absolute Yoga' is a centre dedicated to the practice of Yoga and healthy living. It's a tribute to what Michael and I have been through, to help people cherish their bodies.

See ad below.



## Celebration Centre Psychic Fair

Friday, February 21 - 5pm-9pm

Saturday, February 22 - 11am-5pm

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# Musing

with *Angele* publisher of Issues

*Johnson's Landing Retreat Center*



The front cover is a photo of the Johnson's Landing Retreat Centre near Argenta, two hours north of Nelson. Surrounded by large trees and overlooking Kootenay Lake, it has a serene and peaceful atmosphere. I know because I spent a lot of time there last summer and will be arranging my life to spend more time there in the future. I am hoping to start the process this June and know it will take time.

To build an office there, I will need to sell my holistic building in Penticton. It is a 3,000 sq. foot commercial building that backs onto Ellis Creek, near the downtown area of Penticton. It is semi-divided into three sections: 1) The Rainbow Connection, a metaphysical/holistic book and gift store with an attached workshop or yoga studio; 2) The Juicy Carrot, an organic juice bar and eatery; and 3) the Issues office plus my personal space. I think it would be ideal if two to four people who wanted to work cooperatively bought it. Gerry would like to move on, so The Juicy Carrot is also for sale. I figure it will take a year or two to move my office and Issues Magazine to the Kootenays. I expect I will be back every few weeks to keep an eye on things until a sale is finalized and the move actually starts to happen.

Last spring when I told my guides I was ready to have a man in my life, I suggested it would be great if he were the type that would enjoy helping me develop what I had started here in Penticton. I even spent some time surfing the web, but after a few months, I lost interest. All the men lived so far away, and no one bothered to email me back. Late one night as I was finalizing the Spring Festival edition of Issues, I had one small space left to fill in the Natural Yellow Pages section. It was beside the Soul Mates column. I thought to myself...should or I shouldn't I? I had started this column a year earlier on the request of several people who wanted to get in touch with the type of people who would pick up and read this type of magazine. Each month we would get a few ads and a few replies. This time no one had placed an ad, so the space was empty. I started typing, and out came a simple ad of less than thirty words...Interested in meeting a spiritual man who is holistically minded. Hopefully he likes to cook, live simply, enjoys meditating and yoga. Just after that, I got a phone call from a man I knew slightly because I had been to his retreat centre. He was asking for a favour...he needed a place where his new brochures could be delivered until he could get into town and pick them up. I like socializing with my advertisers and people who are involved in the New Age movement, so we went out for dinner and caught up on what was happening in our lives. I never mentioned the fact I was looking around, and neither did he. Later that night, he asked me if I had an Issues around. I thought to myself, "What a dumb question," and found one for him. He flipped through the pages and pointed to my ad and asked..."Is this you?" I laughed, thinking fast. My heart said... be truthful. So I said "Yes," He said, "Then I would like a date."

It has been almost a year since I put the ad in my magazine and with Valentine's Day near or just past, I thought you might enjoy the story of how Richard and I met. We feel we are a good match for each other and have lots in common. I feel like I am being guided in a slightly different direction than where I thought I was going. I am looking forward to the change, but not the change-over. It will make my life even more full than it is and creates uncertainty for the people around me, but I trust that the universe has a plan and I need to be patient as it unfolds.

Another way to meet people of like mind is to attend the Spring Festival of Awareness that happens every April. See inside the back cover for details. If you want some romance in your life, follow your instincts, get clear with your intentions, tell a few friends, and be patient. It may take time before the other soul is ready.

*Angele* ♥

# ISSUES MAGAZINE

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They are available in at least one location in every town in the central region of BC. Can't find one? Phone us.

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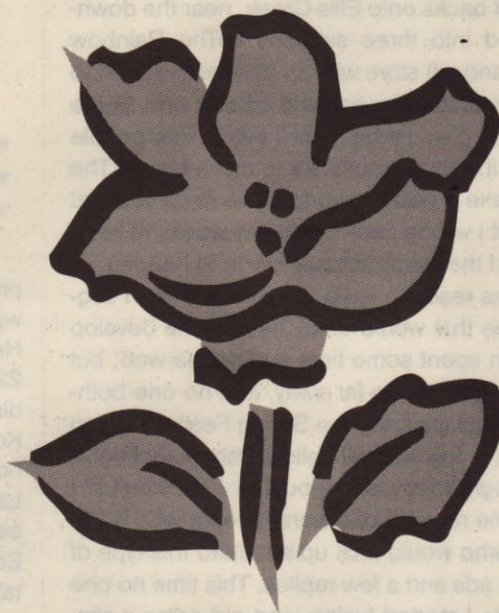


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# The Reconnection and Reconnective Healing

by Eric Pearl

*"It reconnects us with our own innate abilities to heal... not just to heal ourselves, yet to facilitate dramatic healings for others! It reconnects us with our fullness and our oneness with the Universe, and this allows us to heal on higher levels than we have ever before experienced."* — Dr. Eric Pearl, author of *The Reconnection: Heal Others, Heal Yourself*

What does it mean to become "attuned" to a frequency or vibration? For that matter, what do we mean when we refer to "frequencies" and "vibrations" in the first place? You run across these terms all the time in spiritual writings, especially those by contemporary New Age authors. But you'll find that the words are rarely defined with any clarity. Do we accept on faith that they mean something concrete? For the highly left-brained, we may feel pushed to accept certain definitions on faith - and we may resent it. For the right-brained, we revel in the freedom and flow of concept. As we evolve beyond our basic five senses, we learn to communicate by concept, and accept the fact that certain concepts cannot be defined in our words. *Our dimension limits our language.* So, what does it mean to "attune or entrain to a higher frequency?" When it's the new Reconnective Healing frequencies, it means much more than you may think.

Luckily, it's not necessary to spin tall tales about the source or nature of this energy. Reconnective Healing is firmly supported by the latest theories on nuclear and quantum physics, where everything we human beings have always held to be true gets turned upside-down, time flows backward, gravity grows stronger with distance, and matter and energy break down into vibrating loops of string.

As we attune to these new frequencies of energy, we begin to feel changes inside our own body. These vibrations register within us and become part of us. Being able to recognize these sensations is an important aspect of learning to facilitate these healings, just as being able to see colors is invaluable to a painter. Please note, that it is not a requirement.

Healing, as we often think of it, may well be about the alleviation of symptoms, diseases, infirmities, and other noticeable hindrances to full functioning. Healing is also the restoration of the person to spiritual wholeness. In essence, healing is this: the release or removal of a block or interference that has kept us separate from the perfection of the universe. Yet,

healing is about our evolution, and also includes the evolutionary restructuring of our DNA and our reconnection to the universe on a new level.

How does that happen exactly? No one really knows. Most likely, a patient's vibrational frequencies somehow interact with and respond to the vibrations coming in from the universe via our involvement. When these frequencies (yours, the patient's, and that of the universe) interact, the waves may combine at release points as to bring about a different frequency altogether. In other words, the three frequencies may entrain to form yet a new one that wasn't present in the original set - something that's created out of their meeting.

This is healing in a very different sense than what we have been taught to perceive, understand, believe or accept. This healing is brought into existence through co-creation at the highest vibrational interaction with the Universe. When we move into this transsensory - or transcensory - (meaning beyond the basic five senses), we move into a realm of co-existence with an energy and presence beyond what we have known before.

If you reach out for this reconnection, you're worthy of receiving it. Don't wait until you think your ego is in check, your life is lived totally in non-judgment, or pepperoni pizza, for you, has become a thing of the past. That would be like waiting for the perfect time to get married or have a child. It may never come - at least not in a recognizable form.

Everyone can be taught to feel and use these healing frequencies to heal others and themselves. It brings us all to a new level, a level beyond where we've been prior, whether you're a novice, a proficient practitioner in one of the various healing "techniques" such as Reiki, Johrei, Qi Gong, Jin Shin, etc., or a master teacher who's ready to progress. It seems to bring everyone who learns this to a new level playing field, beyond where any of them have been before. It ties us in to our original profound connection with all of life. Yet it is not simply moving back; it's moving forward to something new as well. From this wholeness comes healing. True healing. Evolutionary healing.

See ads below



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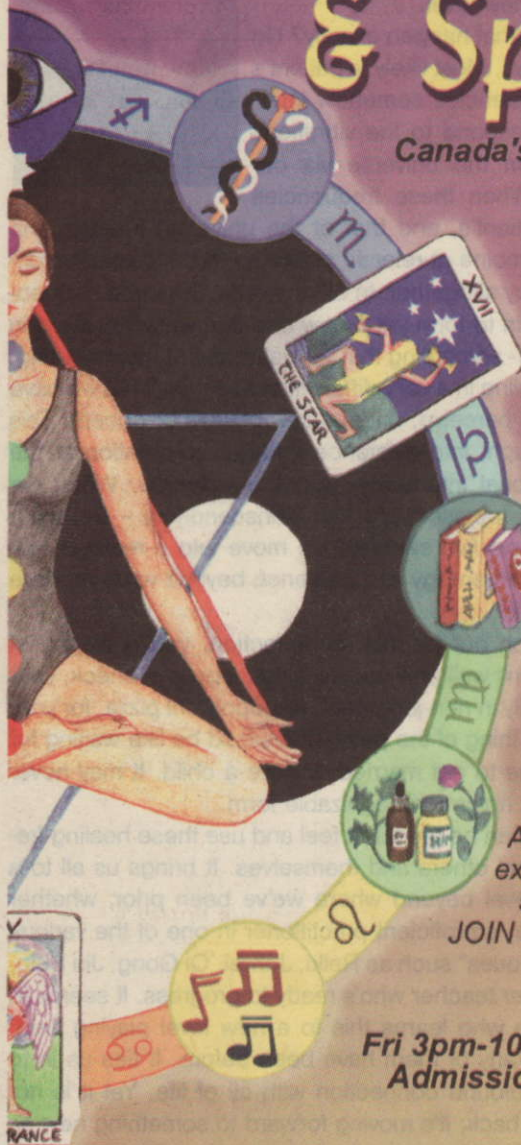


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# In Celebration of Rudolf Steiner's Gifts

**A pioneering force for our modern holistic society**

by Dan Brown, Amber Nedelec, Byron Miki

From time to time through history, an individual appears who seems to be able to understand everything about the world we live in. Visionary, healer, designer, philosopher, teacher; Rudolf Steiner was a person who made pioneering strides to form a truly holistic approach to life. Living in Europe from 1861 until 1925 he wrote and lectured extensively in the fields of education, agriculture, medicine, architecture, literature and the arts.

Although his early influences include Goethe, the great German scholar, Steiner developed his own unique views on evolution, natural organization and science through engagement with the ideas of other nineteenth century philosophers such as Haeckel, Darwin and Nietzsche. Dr Steiner also studied the spiritual directions of honored souls such as Buddha, Zarathustra, Plato and Christ.

And, while it is true that most Canadians have never heard of Steiner there are many in the world who feel his work is of great significance. The Encyclopedia Britannica for example, devotes nearly a column to his work. When World War II began, the Nazis considered his books sufficiently important to ban them. The Nazis also closed all the schools that had grown from his philosophies of education, because they encouraged individualism, compassion and creativity.

In fact Rudolf Steiner's literary and lecturing output was incredible. His collected works in German (he was Austrian by birth) run to more than 350 volumes.

Today the enduring wisdom of Rudolph Steiner's work has given rise to a world-wide movement known as the Anthroposophical Society. His agricultural work has resulted in a form of agriculture known as biodynamic farming of which there are numerous farms and gardens throughout the world (including Martin Nothe's fruit farm near Oliver, B.C.). The Camphill communities, which work with people that have mental handicaps and learning disabilities, are also based on Steiner's precepts. Health clinics and herbal medicines are yet another part of his legacy.

The Waldorf schools, famous around the world, are based on Steiner's philosophies. At present there are over 700 such schools in Europe, North America, Asia and Africa. The Waldorf curriculum is designed as a unity in which subjects and skills are introduced when the child is most receptive, and in a vivid manner which calls forth delight in learning. Everything is taught artistically. The aim being to create an environment of beauty such that the student is drawn forward in sympathy and joy.

The Goetheanum in Dornach, Switzerland is currently the world-wide headquarters of the Steiner Movement. Visitors observe that there is always enormous activity throughout the year, with courses, lectures, plays, music and eurythmy (a system of harmonious body movement to the rhythm of spoken words).

*See ad to the right*

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# Health - It's Up To You

by Julia A. Valenti

On Wednesday, March 8, 2000, I received a phone call from my gynaecologist who told me I had cancer, endometrial cancer discovered via a biopsy performed in an office procedure a week earlier. Upon hearing this news I "checked in" for my intuitive response by focusing on my solar plexus - no butterflies, no sinking feeling, but rather a steady calm. Good, I can handle this and without fear. Next, my intellectual response - okay, a big job ahead, but what do we do and when do we start? Then, my heart response - well, here's a wake-up call if I've ever had one - guess it's time for some serious introspection and healing! All of this registered within seconds and when I hung up the phone after making an office appointment for the following Monday, I was already on my healing journey. I had already set my course of action in those initial, crucial seconds of realizing I had to take full responsibility for my health.

It is now December 8th of '02, two years and nine months since that important phone call. In that time I have seen six naturopaths, four allopaths, two body workers, two energy workers, have had one D&C, three biopsies, two CAT scans, one colposcopy, two hair analyses, two allergy tests, numerous blood, saliva, urine and fecal samples taken, and one MRI.

I have ingested thousands of dollars worth of vitamins, minerals and herbal supplements. I have changed my diet from haphazard, to one of educated, healthy choices. I added litres of water to my daily fluid intake. I have read countless books, magazines, health product pamphlets, medical journals and internet sites on ways to heal body, mind, heart and spirit. I have talked to scores of people who have generously shared their healing stories, giving me support and guidance as I 'wrote' mine. I have prayed, visualized, journalled, attended spiritual gatherings, performed healing rituals, tuned into daily synchronicities, sitz bathed, exercised and relaxed. I still carried on, as well, with my normal life of work as an entertainer, community volunteer, wife/mother/grandmother, traveling, socializing and discovering our new Summerland B.C. home base, having only moved here six months prior to the diagnosis.

Subtle and not so subtle changes manifested during that two-year and nine-month period. My energy level increased, muscle tone developed, weight was lost and problems with elimination disappeared. My mind relinquished a significant amount of control, allowing more room for my heart to guide

and decide. I developed a deeper desire for spiritual connection, knowledge and help. Situations that would have upset me in the past did not upset me now. Nothing mattered, yet everything mattered because I was viewing life from the universal big picture, not the small human experience picture. I learned to laugh more, appreciate more, accept more and give more. It gives me satisfaction and joy that these positive changes are now habits and more positive changes present themselves almost daily. It's as if a positive flow tap has been turned on and it shows no sign of being turned off!

And the cancer? In September, 2002, I had a hysterectomy removing my uterus, ovaries, fallopian tubes and cervix. A follow-up biopsy showed the cancer was contained within the uterine walls. No, I could not eradicate it without surgery. However, I made the decision for that surgery when I KNEW it was the right choice at the right time. I felt holistically healthy, I had strengthened myself in all ways to accept and handle surgery and, most importantly, made the choice from an informed and self-directed position.

Granted, the type of cancer I had allowed time for self-exploration and getting my body strong. Also, I was financially able to try more healing modalities and products than, perhaps, others in a similar situation. But my experience taught me that no matter what your age, health issue or financial position, making the decision to take responsibility for your health now, is the key to preventing serious disease, keeping existing illness under control and the key to a faster recovery, should surgery or other invasive treatments be required.

Taking responsibility for your health will prolong your life, even in the event you are deemed by medical professionals as "terminal". We are all terminal - the question that needs to be asked, and then answered, from deep within each of us is: "What kind of vehicle do I want to transport me to the terminal?" The answer is a simple choice between a vehicle that is in optimal running condition or one that is breaking down. Thankfully, in my early 50's I was asked, by cancer, to answer this question. I chose to create a vehicle in optimal running condition. I have never felt happier or healthier. It's true - God DOES work in mysterious ways.....

Julia Valenti may be contacted at, email: [rjvalenti@shaw.ca](mailto:rjvalenti@shaw.ca)

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by Lisa Jaffary

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## Changes Last

Results have been so impressive that Core Belief Engineering has gained widespread respect in the helping professions. It is now registered as both a federal and provincial educational institution.

But the method is not a "quick fix". Positive results continue to accumulate long after therapy is completed. "Six months after completing my sessions with Laara, anger and depression have not returned. My self esteem, confidence and relationships continue to improve dramatically," writes Melanie R. If you have even a glimmer of conscious intent and are willing to work in partnership with your practitioner, you can have the same experience.

## How It Works

Core Belief Engineering is a gentle, yet powerful means of building a partnership between your conscious and subconscious minds, creating a feeling of increased harmony and well-being. "I feel so much more whole and grounded. I am making effective decisions whereas before I was confused and unsure. I feel connected to my true self!" reports Linda K., enthusiastically.

Explains Laara, "Most of our major beliefs about life and ourselves were in place by the time we were five or six years old. We forget that they are there, so they become a part of our subconscious, that part of us that has a great effect on what we think, feel and do, but it is so automatic we don't have time to think before reacting."

Later on, as adults, when we choose to do or be something in opposition to these original beliefs, there is a conflict—a feeling of push-pull or being stuck. This results in low self-worth, frustration, anxiety and depression. Sometimes the conflict becomes so severe, it limits our ability to function. Core Belief Engineering accesses and aligns these subconscious beliefs with what you now choose as a conscious adult. As there is no need to reexperience your original trauma, the healing is gentle. A transformation of the old beliefs, feelings, thoughts and strategies is completed on all levels—spiritual, conscious, subconscious, emotional and physical, right down past the layer of the cells. "It's like weeding your garden," says Laara, "if you don't get all the roots, sooner or later, you will have another weed." The CBE process is so thorough, your thoughts, feelings and behaviours automatically align with the new core beliefs.

## Empowering and Flexible

Core Belief Engineering is empowering. You work in partnership with Laara, who acts as a facilitator, helping you to determine your goals, and access answers and resources from within so they are real to you. Former client Charles L. reports, "We created much more confidence, creativity, and self-expression, professionally and personally. I now know who I am and what I want." "People of all ages have benefitted from Core Belief Engineering," says Laara, whose clients range from sixteen to eighty-four years, "all you need is determination."

"Time and cost efficient, gentle, and lasting are just a few of the words that have been used to describe Core Belief Engineering," says Bracken, "What more can you ask?"

Laara originally experienced Core Belief Engineering to solve her own problems. She was so impressed by her results, she decided to make it her life's work. She has sixteen years' experience as a practitioner. Call Laara now and see how Core Belief Engineering can benefit you!

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# Prevent Heart Disease with Hawthorn Combo (Heart Drops)



by Klaus Ferlow

The cardiovascular system is made up of the heart and blood vessels. Blood is pumped by the heart and circulated throughout the body via the blood vessels. Cardiovascular disease is the leading health problem in the Western World and the number one cause of death in the United States, claiming more than 1 million lives annually. An estimated fifty million Americans are afflicted with heart and blood vessel disease, although many do not know it because they have no symptoms. Heart disease can be prevented even if there is a strong tendency for heart problems in the family. The main cause for most heart problems is improper diet, eating too much meat and saturated fat, salt and sugar. Raw foods, fiber and wholesome, unrefined foods as well as physical activity are essential. Here are some recommendations to keep your heart healthy:

- Have a well-balanced diet that contains fiber.
- Raw foods, broiled fish, skinless chicken and turkey.
- Avoid hydrogenated fats like shortening, margarine and commercially processed foods.
- Exercise regularly (walking, swimming, etc)
- Avoid smoking, coffee, alcohol, fried foods, and large meals.
- Add nuts (except peanuts), hemp, flax, pumpkin seeds, walnut oil, olive oil (unrefined and cold-pressed) pink salmon, trout, tuna, halibut and mackerel to your diet.
- Get plenty of sleep and avoid too much stress.
- Learn stress-management techniques.

- Add garlic, onions and lecithin to your diet.
- Raw fruits and vegetables
- Good juices for the heart are carrot, beet, celery and asparagus.
- Vitamin C, Ester C, and Vitamin E.
- Magnesium 600mg daily, and Coenzyme Q10 50mg three times daily.

Another way to prevent heart disease is with our Hawthorn Combo (Heart Drops) for angina pectoris, etc. This product has been specially formulated to balance and support the heart and circulatory system. With proper rest, exercise, and dietary adjustments, it will help to prevent future problems and help repair and correct past problems associated with the heart and circulation.

This tincture/extract can be used daily, starting preferably with a low dosage and gradually increasing. Your body will give you signals if the dosage is too high. It is best to prepare the body first with two-three bottles of our Milk Thistle Combo which boosts the immune system, detoxifies, cleanses and improves liver and kidney function.

\*Hawthorn Combo is not recommended for use with digitalis or A.C.E. inhibitors without advice from a health care professional. It may enhance the sedative effects of tranquilizers, antihistamines, and muscle relaxers.

Hawthorn Combo is a blend of eleven different herbs: Hawthorn (*Crataegus oxyacantha*), Kalmegh (*Andrographis paniculata*), Garlic (*Allium sativum*), Bilberry (*Vaccinium myrtillus*), Motherwort (*Leonurus cardiaca*), Guggal Gum (*Commiphora mukul*), Butcher's Broom (*Ruscus aculeatus*), Schisandra (*Schisandraceae chinensis*), Olive (*Oleo Europea*), Coleus (*Coleus Forskohli*), Cayenne (*Capsicum annum*), purified water, grain alcohol Ratio 1:5.

Hawthorn Combo may be useful for: Angina Pectoris, Blood Pressure, Blood Tonic, Capillary Restorative, Cardiac Arrhythmias, Cardiovascular System, Cholesterol Remedy, Clots, Congestion, Digestion, Fatigue, Flexibility, Heart Failure (congestive), Hypertension (mild), Liver Balance, Nerve Tonic, Night Sweats, Palpitations, Stress, Vascular Permeability.

**PROPERTIES:** anti-inflammatory, anti-bacterial, antiviral, immuno-stimulant, nervine, sedative.

**Dosage:** 2-15 drops, on empty stomach, three times daily. Start with a low dosage and increase slowly. Drops are most effective when put under the tongue. Recommended to take for one year before stopping use. Avoid if pregnant or lactating, see other caution above\*.

Due to varying harvest times of the herbs, the colour and taste may change occasionally. This does not influence the effectiveness or quality.

See our website for more information.

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*Disclaimer: It is not implied or intended to make specific health claims. Any attempt to diagnose and treat illness should come under the direction of your health care practitioner.*

## Hawthorn Combo Tincture (Heart Drops)

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# Finding the Teacher Within

by Mary-Jo Fetterly

Most of life is teaching. Whether or not we actually acknowledge it, most of us are teachers. In some way, at some point we have helped, guided or influenced another by sharing our knowledge, experience and expertise. This is what I would call the glue of life. It's what holds things together and allows for a

continual progression or evolution. If it were not so, can you imagine what the world as we know it would look like? Parents guiding and teaching their children, animals rearing their young to survive, institutions and schools and individuals of all kinds proliferating the wealth and wisdom of the ages. As a teacher by profession I am always amazed at how often I am approached by others who would love to teach.

I teach Yoga and perhaps it is in part due to the popularity of Yoga at this time, but it seems everyone would like to become a Yoga teacher. At first I was somewhat protective of the fact that I was a teacher when approached for advice or direction. Then I really examined the fascination more thoroughly. I looked back to the days many years ago when I started teaching and what my motives were. I remembered it was to share what I had learnt and what was making such a big difference in my life. I simply wanted others to have that too. I believe that is true for all of us, and that no matter what it is we are offering, at a core level it is to further mankind and help each other to come closer to the Truth.

One of the great yoga teachers of our time, Prashant Iyengar said, "We have to learn to learn, learn to teach, teach to teach, teach to learn." Think of it. It is only when we become our own teacher - able to witness ourselves, be it in a yoga pose or in relationship, that we can learn. So we become our own teachers. Perhaps this is one of the reasons why yoga is so amazing - it is a heuristic subject ultimately, where you are your own teacher, you are your own student. In the end you come to understand yourself more through the process of subjective reflection. Once the process has deepened then it is only natural for us to extend it outward to further our own learning, and to pass it on to others. Now I am thrilled when someone asks me about teaching because for the most part I see in them their internal teacher who yearns to learn to teach, and to teach to learn. *See ad below*



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# The Twelve Colour Ray Angels & Their Metaphysical Aspects

by Jollean Mc Farlen, csl, miact

They're all around and they're smiling and watching us. We have all felt the grace and uplifting Power of the Angels. They go all the way back to ancient history. Many people in all walks of life have been helped, guided, saved or comforted by their guardian angels.

Take the phone off the hook and take time to meditate and do deep breathing, think of the colours of the rainbow, put some colours in front of you for inspiration, light your favourite candle. Play music . . . I suggest the harp and/or any related instruments (Angels love the harp and flute music). Relax for about ten minutes, ask your guide for the colour you are radiating and this will be the colour angel you need to work with for a week, or longer.

Below find a chart with the Colour Ray Angels. These are the qualities you will be working with.

## The Twelve Colour Ray Angels & Their Metaphysical Aspects

BLUE	Power, Protection, God Qualities, Healing.
PINK	Love, Humanitarianism, Adoration, Emotional Balance.
YELLOW	Wisdom, Illumination, Christ Consciousness.
WHITE	Resurrections, Hope, Purity, Integrity.
GREEN	Truth, Inner Vision, Dedication, Healing.
RUBY RED	Selfless Service, Devotional Worship.
VIOLET	Transmutation, Forgiveness, Magic, Mercy.
AQUA	Clarity, Perception, Discernment.
MAGENTA	Harmony, Balance, Assurance, Confidence.
GOLD	Opulence, Abundance, Prosperity.
ORANGE	Joy, Enthusiasm, Victory.
OPAL	Transformation, Transfiguration, Rejuvenation.

Colour Angels are waiting for you. Look up, take courage, the light beings are nearer than you think.

*Jollean is a Feng Shui & Colour Therapist/Counsellor  
Gifted Psychic medium and healer, author of six books*

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**Feb. 13** - Intuition @ Park Rec.  
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Profile

## Acupressure Massage

by Karen Timpany



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# Leave Iraq Alone

by David Orchard

*Published September 5, 2002 in the Kitchener-Waterloo Record as "Canada must urge the U.S. to leave Iraq alone" and in the Saskatoon Star-Phoenix as "War bad way to mark September 11."*



On the first anniversary of the downing of the World Trade Centre, the drums of war are again beating. No one has plausibly suggested an Iraqi connection to the events of September 11/01, yet we are told a majority of Americans would favour an unprovoked attack on Iraq, provided the U.S. doesn't act alone.

Why would the world's richest and most powerful nation consider attacking one of the world's poorest and what should Canada's reaction be?

Iraq is a small, virtually landlocked country, about 2/3 the size of Saskatchewan. Dependent on imported food and exports of oil, both largely cut off by sanctions, Iraq's population of 20 million has an average income of under \$1 per day. (Doctors receive \$5 per month; unemployment exceeds 50%.) The majority of the population, according to the World Health Organization, is reduced to semi-starvation. Publicly stripped of most of its military capacity, inspected for weapons 9000 times since 1991, Iraq has also been subjected to bombardment by U.S. and British war planes almost weekly ever since the Gulf war ended in 1991. The bombings over the north and south of the country have targeted everything from sheep to the shepherds guarding them.

Impoverished, weak and vulnerable, Iraq is incapable of defending or even flying over these so called no-fly zones covering approximately 2/3 of its territory. The once prosperous Iraqi economy has been bled white by war and a decade of sanctions — the most punitive in modern history. During this decade, over a million Iraqis, mostly children, have died a painful death and millions more are suffering severe damage and face drastically shortened lives. During the Gulf War the U.S. fired 900 tonnes of depleted uranium ammunition into Iraq, covering it with radioactive contamination. Cancer and leukemia rates are now several times those preceding the war. Families pawn remaining heirlooms to buy food or medicine for their children. Hospital shelves are barren; even common drugs are rare.

An unprovoked attack on another country constitutes a war crime, in fact the supreme war crime, according to the Nuremberg judgment. The U.N. Charter, Article 4 states: "All members shall refrain from the threat or use of force against the territorial integrity or political independence of any state, or in any other manner inconsistent with the purposes of the United Nations."

Both the U.S. and Iraq are U.N. members, yet the U.S. has openly threatened the overthrow of the Iraqi government, the assassination of its leadership and calls for "regime change."

Some in the U.S. administration argue that a "preemptive strike" is justified because Iraq may in future obtain weapons of mass destruction. To my knowledge this argument has never before been made to sanction an assault on a sovereign state in contravention of an entire body of international law.

There is no evidence that Iraq has weapons of mass destruction or that it has the intention or capacity to use them. (In 1998, International Atomic Energy Agency inspectors declared Iraq did not possess nuclear weapons technology.) No evidence, in fact, that Iraq is anything other than it appears — a war-devastated, essentially disarmed nation under a harsh regime of sanctions and long and constant air bombardment.

*Continued on page 33*



## Profile

### The Enlightenment Intensive

by Josephine Lawless

The Enlightenment Intensive (EI) is a three day residential retreat, designed to maximize the probability of a person having an Enlightenment experience. This method is a combination of an Eastern Zen meditation practice and a Western communication technique. The main focus of the EI is inquiry into the true nature of the self, using the question, "Who am I"? Doing this work, you experience the Truth directly for your self. You are not relying on the teachings or dogma of a teacher or books. It's a very pure, simple and straightforward process. You just do the meditation technique and communicate what comes up for you. This method is very powerful and effective at emptying the mind of its constant chatter and speeding up your chances of directly experiencing the true nature of who and what you really are. The high level of personal contact, openness, acceptance and compassion with your partner, is what really gives the Intensive its power. It gives you the support and confidence to truly be yourself so that you can present the true nature of who you really are to others.

I have been devoted to the study and practice of various spiritual teachings for over thirty-three years and I have worked with numerous self-awareness methods and techniques, both for myself personally and in helping others. The EI is by far the most pure, simple, effective, compassionate, and enlightening process that I have ever experienced. While participating in EIs, I have had some very profound Direct Experiences that have really changed my life. I have also seen incredible changes in others. As a counselor, it would have taken me years to help them make the kind of progress in their self-growth that often happens in just three days on an EI. This is apart from the actual Direct experiences of Absolute Truth that I have been a witness to, both as a monitor and as a facilitator on EIs.

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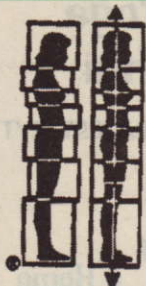
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## FOLLOW YOUR JOY - LIVE YOUR TRUTH

by Elara

My greatest desire in life is to help others to embody their True Self; to help them get in touch with Who They Really Are, and to then have the courage to live their lives from that place of Inner Power, where everything they do and say is in alignment with their Truth.

Naturally, it has been vital that I attain this place myself, in my own life. The journey has not always been easy, but it has definitely been well worthwhile. Through all the ups and downs, and the storms of life that have thrown me all over the place, I have eventually always been able to return to my Center, where all is peaceful and calm; where the Power of Love has healed me, transforming cries of pain into tears of joy.

This has required a lot of self-honesty; getting to know myself; daring to face things about myself, and having the courage to make real changes in my life. I continue to transform daily, and I will absolutely not settle for anything less than what I truly deserve. I will not accept situations or relationships into my life that do not resonate with Who I Really Am. Everything in my life must be in alignment with my Truth, with my true values. And I demand the freedom to live my Truth 100%. I will not let inner wounds or outer influences keep me from actualizing my true potential; from living my dreams; from achieving my True Heart's desires.

I am totally committed to an impeccable life. I will be true to myself, no matter what. I am not afraid to take risks. I know the Universe will support me, and I will magnetize all that I need and desire into my life by the power of my Love. All I need is a very clear Intent about the kind of life I want to live. The Universe always brings us exactly what we ask for. We may ask unconsciously, and wonder why things don't go the way we want. Therefore, it is important to become conscious of all that operates within us, and to release that which does not serve us anymore.

Once we do that, we can write a new script for our lives. We become conscious co-creators with Spirit. We take absolute charge of our lives. We start to live in Peace and Joy. Following our Joy brings amazing Transformation into our lives. We were meant to do just that; follow our Joy. Life was never meant to be a struggle. We need not stay in jobs, relationships or other situations that do not bring us joy. Anything but living your Joy is selling yourself short, is unloving toward yourself.

Think about what you would most want for your loved ones, and give it to yourself! Dare to ask yourself, what you would want out of life, if you could have ANYTHING you want. Imagine just for a moment, what your life would look like, if there were NO LIMITATIONS whatsoever, financial or otherwise, to create the life you want. Have fun with this. Notice how you feel. You'll be amazed! You have just taken the first step to be all you can be, to live the life you were meant to live!

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by Louis Hoolaeff

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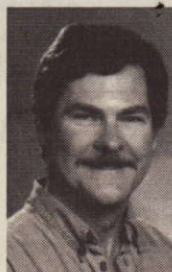
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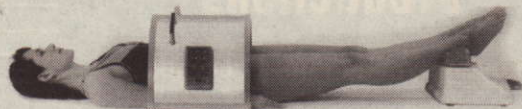
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## Growth and Harmony in the Nicola Valley

by Michael Behrens

For nearly a decade Merritt and the Nicola Valley have enjoyed a steadily increasing population of holistic practitioners. While some have migrated from the larger urban centers, many have learned their craft from local teachers such as Dawna Jones. Either way, growth and expansion in alternative health and healing are greatly encouraged in the Valley.

Dawna Jones, of Dawna's Touch in Merritt was one of the first to hang her shingle nearly ten years ago. Now a teacher and practitioner of Reiki, Reflexology, Touch for Health and more, Dawna will be one of many to demonstrate her technique and products at Merritt's first ever Holistic Health & Healing Expo. Over the years the residents here have seen several holistic/metaphysical shops come and go and few practitioners have moved on, but many have remained and are growing in numbers.

Even the City of Merritt's administration has given new life to the old ways of healing. Merritt Leisure Services is offering *Reiki, levels 1-3* and *Tarot for Beginners*, a sure sign of acceptance in our community's growth in this area. Merritt and the Nicola Valley have come a long way in the past decade and I believe that it is making a giant loving leap forward with the general acceptance of our local healing practitioners and the welcoming of new ones from other communities. *See ad below*

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# Energy Reflex Testing

by Donna Roth

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Here is how it works. The brain is the generator of electrical energy and sends this energy to every organ, gland, muscle and tissue of the body via the nerves. All organs, glands and tissues are interconnected by the nerves. These nerves representing the different organs and glands extend to the surface of the skin in the form of reflex points or acupressure points. There are approximately seventy-five known reflex points on the skin. When the body becomes ill there is an interruption of nerve energy to these reflex points similar to a blown circuit breaker under an overload. When this reflex point is touched and a muscle is used as a test indicator, this muscle will lose its strength signaling a weak organ or gland due to nutritional imbalance. Using this information the ERT practitioner can then recommend proper nutrition for the client.

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Laurel Building, 1304 Ellis St. Kelowna



# Hypnotherapy

- a key to personal wellness

by Elaine Hopkins

Disease is often the end product of excessive stress, worry, fear and an unwillingness to change. Looking outside of ourselves we travel far and wide in search of a cure. We fail to realize that everything we need is inside of us. Sometimes our lives are so out of control it is almost a relief to get sick or have an accident, we don't have to face certain situations any-more.

Unresolved issues from the past can create blockages in the body, often manifesting as pain or disease. If we do not resolve these issues or change our thought processes, which created our pain or disease, we will continue to create it. Energy follows thought. The conditioning messages we received in childhood, our core beliefs about ourselves, leave an impression on the subconscious mind and make the habits formed in childhood the basis for all future actions, unless we consciously decide to change them. Every thought that enters the conscious mind is subjected to our reasoning power. If the conscious mind accepts an idea or thought as true, it is stored in the subconscious mind for future use.

The conscious mind decides our fate, so, to control our health we must be aware of our thoughts. Since our thoughts govern our feelings and beliefs, doesn't it make sense to be aware of our thoughts? When we focus on the negative we will create more negative energy (energy follows thought). When we focus on the positive experiences in our life we will create more positive energy. Focus on what you want as if you already have it. If you are always projecting into the future, that's where it will remain - in the future. Use the creative power of your thoughts to create what you want now.

If you allow your thoughts to only focus on what you do not have, or what you lack, you will continue to lack whatever you desire. Everything we believe is true about ourselves is stored in the subconscious mind. Hypnotherapy allows you to change the old programming you received and make positive changes in your life.

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## Self-Hypnosis for Chronic Pain Relief

by Marcella Percy, RN, BSN

Hypnosis is a relaxed and focused state of mind similar to daydreaming or the comfortable relaxed state of consciousness we experience just before falling asleep at night. With a little practice we can access that relaxed state any time or place we choose to do so. In the trance state an individual can focus on a problem and call upon the unconscious mind to help influence positive changes desired by the conscious mind. Here are some simple instructions for self-help for chronic pain sufferers:

Find a quiet and comfortable place where you are unlikely to be disturbed for at least thirty minutes. You may sit in a favorite chair or lie down, whatever suits you best. Close your eyes and take some deep breaths, deep into your abdomen. Breathe in through your nose and out through your nose at a slow rate you are comfortable with. After a few minutes you will notice yourself starting to relax and your heart rate will slow. Focus on your breathing in the present moment. Try to maintain deep, relaxed, comfortable breathing throughout this exercise.

Visualize yourself as an oak tree, tall, strong, solidly connected to the earth for hundreds of years. Able to sway and bend easily in the wind, but immovably anchored to the earth by deep wide-spreading roots. Spend ten minutes or so on this visualization while continuing to breathe deeply. This technique is called grounding and enables you to center and balance energy.

Now, remember a time when you woke up in the morning and your hand was numb and asleep. Maybe you slept so soundly you didn't change position for a long time. Perhaps you lay on the hand. Remember that feeling - there was no feeling, only numbness, and a sensation of a wooden hand belonging to someone else. You could pinch and poke, wave and swing, clench and pound a fist, but still feel nothing. Focus on that feeling of numbness. Now visualize that sensation moving to the area where you experience pain. Isn't it interesting to know how easily your unconscious mind can transfer that feeling of numbness to any other part of your body?

To achieve best results consider yourself a learner and take time to practice this exercise regularly for at least five days in a row. This is an acquired skill and like any other, you must practice to become proficient. *See ad below*



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## CONNECTIONS WITH ANIMALS

by Glen Grimes

Communication with Animals is an extraordinary gift for an ordinary young man. It was bestowed upon me in early childhood, but only in the past year have I begun to use this automatic connection with animals. They know who I am immediately and know I can understand them. The animals initiate the communication by sending a kind of energy wave to me which is on the same frequency I am on - like a radio signal if you like. They have to give me permission to talk to them otherwise I would get nothing.

Often they use pictures that appear in my mind and for problem areas they sometimes show me a 3D diagram of their body with the problem area highlighted. They also use words - it comes through like a third party voice in the back of my head - a very quiet voice. Usually I appear to be standing there looking as if I am doing nothing but I am listening to what the animal has to say. It needs a lot of concentration on my part.

I also feel pain and discomfort in an animal by running my hands over an animal. Not directly touching it, but just above the body, feeling a continuous energy flow that changes when the pain area is reached. I can actually feel really severe pain in an animal from a distance.

The animals usually have a lot to say. I ask people to have their questions written down so that I can go through them with the animal. Usually I start a session by running my hands all over the animal to identify any sore spots and then we get on to questions. Quite often the animal has questions or requests of his own. I can tell if there is a parasite problem, food problem, etc. Past memories are difficult unless they are very traumatic. Animals live in the moment and do not think in the past. Often a lame horse will have no idea how he injured himself, for example. If the injury was caused by something really traumatic then he will remember and be able to tell me.

Young animals are the hardest to talk to - they have no attention span - they are like children with attention deficit disorder - they are just not willing to sit still and participate. Older animals usually have a lot to say. Wild animals are also very communicative. They have a different approach to life than their domesticated brethren - probably because they do not rely on humans for their care. Very frightened animals are more difficult - it takes a lot of patience - once they respond though, they are very receptive.

I am not a substitute for a vet or good medical care, but sometimes, people just want to "chat" with their pet to see that everything is OK. Whatever your reason is for communicating with your animal it is always a great thing to do - it shows how much you love them. *See ad below*

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## Parasite and Yeast Infections

by Ean Langille

Have you created an environment in your body that is conducive to parasite and yeast infections? If you are experiencing diarrhea, gas, bloating, muscle aches and pains, skin problems, itchiness, difficulty sleeping, depression, or immune disorders you may be a host to these unwelcome guests. What attracts parasites and yeast to manifest in your body and what can be done to eliminate them?

Parasites are organisms that survive using our nutrients and multiply in our digestive and lymphatic system. They then have the ability to migrate to the brain, eyes, spleen, pancreas, lungs, kidneys, liver and gallbladder. Although parasites can be picked up when we travel to that favorite vacation spot, the greater truth is that parasites manifest in our body because we have created the perfect environment for them to exist. Parasites flourish and form pockets where they can multiply in areas that are warm, moist, and stagnant. They destroy cells and release toxins that can suppress immune function. The energy that once gave you a high quality of life is now being used to feed the unwelcome parasites.

Yeast is an overgrowth of bad bacteria that will only exist in an acidic environment. Yeast infections occur throughout any part of the body that is lacking oxygen, vitamins, minerals, enzymes, and amino acids. In absence of these life giving nutrients, a fermentation process begins that will create increasing amounts of bad bacteria. If yeast cannot be safely stored in fat cells, it will attack the internal organs or push out externally toward the skin.

Yeast is the breeding ground for parasites and is very subtle until it comes to the point where we feel pain, inflammation, or an undesirable skin condition. These symptoms can all be taken as a sign that something needs to change in your lifestyle to feel the way you want to feel.

When the body has communicated its discomfort through pain, irritation, or weight gain the problem has advanced to a point that will take a tremendous amount of energy to change. Eliminate coffee, alcohol, pop, white sugar, white flour, and processed food, as parasites and yeast thrive on them. Life giving fruits and vegetables, high quality water, and pure herbs stimulate the body's metabolic processes to eliminate unwanted infections. It has been proven that each thought we have - either positive or negative - carries a chemical that can heal or destroy every single one hundred trillion of our cells. Positive thoughts and how stress is perceived will make a difference in what is allowed to exist in your body. Exercise also helps, as it increases circulation that will bring life to the infected area.

There is no need to fear parasites and yeast. We need to understand that there is a process for their creation, an environment in which they flourish, and a method for their elimination. It is essential to take action in the early stages of a parasite or yeast infection so it does not advance into a complex disease. Respect yourself and your body by taking control of your health to reach optimal health and wellness.

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## SHOULD DOCTORS LOVE THEIR PATIENTS?

by Jonathan B. Sevy, DC

"Psychological mumbo jumbo." "Mind games can't heal serious diseases." But the scientific literature tells otherwise. The healing power of love is much more than psychology. In fact, it is one of the most powerful tools any healer has.

### RESEARCH ABOUT LOVE HEALING

A few years ago a study was conducted in which rabbits were injected with toxins that would kill them in a short time. But one group of rabbits were not dying as expected. A young research assistant, her heart filled with compassion, was skewing the results — by holding and fondling her little subjects after each injection. Her love produced super immunity.

Another example: babies placed in sterile incubators with high tech care die at an alarming rate. Today volunteers and nurses cuddle and stroke these little ones. Love saves lives, builds immunity and enhances resistance to disease. Doctors must strive to make "Loving Service My First Technique"

### LOVE - THE DOCTOR'S GUIDING PRINCIPLE

The doctor's love for the patient should be the guiding factor in all health care. My mentor, Dr. James W. Parker, taught chiropractors for forty-seven years to make "Loving Service My First Technique." In millions of cases they have proven the value of this principle.

### HOW LOVE WORKS

How does love exert such a profound influence in the healing process? Here are some observations into how love heals.

• Love pushes the doctor to constant self-improvement. The loving doctor continually strives to improve their technical skills and refine clinical knowledge. Professional and post-graduate seminars cease to be mere tax-deductible tanning trips, but are exciting learning opportunities. The doctor wants to be better today than yesterday, better tomorrow than today. Love creates an environment of health.

• Love compels the doctor to act with integrity. One would never order expensive, unnecessary tests or procedures for one's mother or child. Money is necessary to keep the doors open, to feed and clothe the doctor's children, but in the loving office people really care.

• Hippocrates commanded, "Primum no nocere" - "First do no harm." Doctors who love their patients do not hurt their patients. When I regard a patient as my father, mother, sister, brother or child, somehow my hands become softer, my touch more gentle. I am mysteriously, almost magically able to actu-



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ally do more with less. I do not understand this completely, but I have seen it, heard about it, and experienced it many times.

• Loving doctors teach their patients the principles of healthy living. Treating disease in the early stages is not good enough for our loved ones. We want to show them how to keep themselves free of disease, and motivate them to do it! Bound together by the golden cords of compassion - a feeling of oneness - doctor and patient are both uplifted.

• Warm, familial feelings give doctors the courage to frankly confront patients about self-destructive behaviors. I have seen the finest doctors I know sit knee to knee with patients, insisting with love that they either change their habits or find another doctor. With bold compassion they challenge, motivate and then nurture small, life-giving changes. Look for the doctor who radiates compassion and sincere affection for patients. Search for an office where there is teaching, laughter, courtesy and kindness.

• Love creates a psychological matrix that boosts the body's resistance to disease. People in the town of Roseto, Pennsylvania were studied and found to be, in general, overweight, with high fat consumption and elevated blood cholesterol. They lived sedentary lives and smoked. But they were a

close-knit community with strong social ties and a sense of belonging. The atmosphere of love caressed them, stimulated their immunity and enhanced their lives. It dramatically improved their health and longevity.

• Finally, love generates a very real, though unseen, field of subtle healing energy - a force that we are only now developing technology to measure. Leonard Laskow, MD, reports a study where loving intention slowed the growth of tumor cells in a laboratory by up to 41%. This is not psychology - the cells in those petri dishes were not just feeling better about themselves!

Loving the patient greatly magnifies a healer's ability. It also amplifies the patient's innate ability to heal, and to maintain health. The loving practice draws naturally right patients and doctors together. It vastly increases their synergistic healing power. Love builds between healer and patient a special partnership of trust and coreliance that lightens our step along the challenging, exhilarating voyage of a radiantly healthy life.

*Dr. Jonathan Sevy is a chiropractor who has been practicing and teaching for fourteen years and lives in Penticton, BC. Visit his website at: [www.chiromoms.com](http://www.chiromoms.com).*



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# Calendar of Events



## FEBRUARY 1

**Feng Shui**, with Jollean Mc Farlen in Kelowna. p. 19

## FEBRUARY 3 - 8

**A Taste of Yoga**, Free yoga at Absolute Yoga in Penticton. p. 8

## FEBRUARY 7

**Alive 'n Raw**, book signing with Elyse Nuff at *The Price is Right* in Armstrong. p. 35

## FEBRUARY 8

**Your Original Voice**, a writing workshop with Shayla Wright in Nelson. p. 6

## FEBRUARY 10

**Full-time Reflexology Diploma Program**, with Yvette Eastman in Vancouver. p. 27

## FEBRUARY 11

**Angels Among Us**, a workshop with Judy Guido in Summerland. p. 20

## FEBRUARY 12

**The Hottest Women in Town**, with Ean Langille in Okanagan Falls. p. 27

## FEBRUARY 15

**Spiritual & Psychic Workshops**, starting with Dana Surrao in Summerland. p. 20

## FEBRUARY 18

**Advanced Yoga Studies**, with Mary-Jo Fetterly & Jennifer Steed in Nelson. p. 18

## FEBRUARY 21 & 22

**Celebration Centre Psychic Fair**, corner of Eckhardt & Ellis in Penticton. p. 8

## FEBRUARY 21 - 23

**Access Your Inner Power**, a workshop with Elara in Vernon. p. 22

## FEBRUARY 22 & 23

**Native Hand Drumming Workshop**, by Drumbeat Consulting in Vernon. p. 4

## FEBRUARY 23

**An Intro to Mind/Body Healing**, with Rémi Thivierge in Salmon Arm. p. 23

## FEB. 28 - MARCH 2

**Wellness Show**, Convention Center in Vancouver. Displays and seminars which include the Tzu Chi Institute, Lucinda Flavelle on laughter and the Women and Wellness series. On Sunday the best chefs in town cook up a storm. See ad on page 10.

## MARCH 1

**Counselling Hypnotherapy Certification** Training starts in Kelowna. p. 3

## MARCH 3

**Certificate & Diploma Courses**, classes starting in Kelowna. p. 18

## MARCH 7 - 9

**The Body Soul & Spirit Expo** at the Shaw Convention Centre, Edmonton. p. 12

## MARCH 21 - 23

**Passionate About Childbirth?** Become a Doula with certified trainer Charlotte Millington - \$350. Penticton. www.globalbirth.org or call Sherie@ 770-1046

**True Connections**, a weekend workshop in Kelowna. p. 5

## MARCH 29 & 30

**Parenting with Nonviolent Communication**, with Penny Wassman in Vernon. p. 4

## APRIL 4 - 5

**Holistic Health & Healing Expo**, at the Civic & Convention Centre in Merritt. p. 24

## APRIL 5

**Healing Arts Assoc. Health Fair**, Laurel Bldg, 1304 Ellis St. Kelowna, 10-4pm. p. 25

## APRIL 13 - 19

**Western Canada Sufi Camp**, at the Sorrento Centre, Sorrento, BC. p. 18

## APRIL 15

**Granby Wilderness Society Spring Raffle**, in Grand Forks. p. 7

## APRIL 25-27

**Spring Festival of Awareness, Naramata** (near Penticton.) Schedule in back section of this magazine.


## MAY 1-5

**The Enlightenment Intensive**, with Josephine Lawless on Okanagan Lake. p.21





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## ONGOING EVENTS

### WEDNESDAYS

**MEDITATION** at Dare to Dream, 7pm  
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**PRE-NATAL YOGA** Sherie, Penticton 770-1046

### SUNDAY CELEBRATIONS

**KELOWNA:** Sunday 10:30am. Kelowna Centre  
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# Book Reviews

by Christina Ince

## Permanent Peace

### How To Stop Terrorism and War—Now and Forever

Robert M. Oates

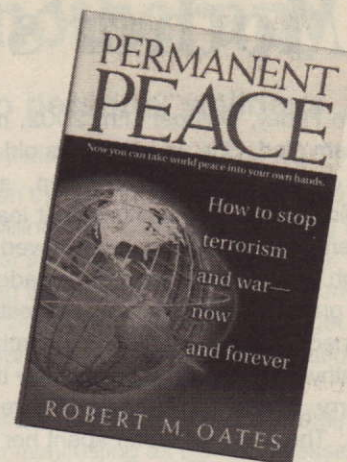
The Institute of Science, Technology and Public Policy

ISBN 0-615-12070-9

The author states that it is possible to switch on peace as simply as we switch on the lights. A simplistic statement, which may have would-be readers passing by. This book, however, is not simplistic, nor a simple read.

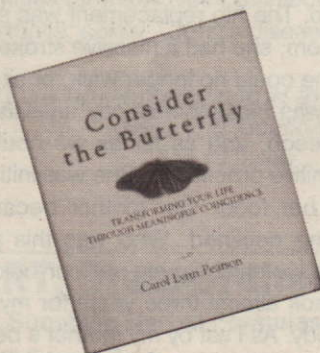
Terrorism has always been with us, it has just become more sophisticated, and found its way into otherwise-civilized societies. For a few years I lived in a society where terrorism was a part of life: my windows rattled when bombs exploded, I heard a friend's screams streets away as the man driving her home one night was shot in the head by a passing motorcyclist, another friend's brother was machine-gunned on his way to buy a newspaper. Possibly the greatest toll on human beings is the threat of terrorism: when it never actually comes, but you wait and wait and wonder when, and how.

Robert Oates believes that we can take peace into our own hands, whether or not our governments will act, and he believes that we can do this through meditation. He calls his method Super Radiance. He speaks of the technology of



peace, the assembly of meditation experts at locations throughout the world, where the increase in attendance numbers is directly related to the decrease in violence and warfare. He relates the following story as evidence. Forty young men travelled to Lusaka, Zambia's capital, in November of 1978, a time when the civil war was particularly bitter: bombs were exploding, conflict was escalating. Their focus was to stay together, meditate, and radiate the abstract influence of harmony and peacefulness which recent experience had shown to be effective. The day after their arrival, bombing ceased and there were no serious incidents during the six weeks of their stay. The day they flew back out of Zambia, Lusaka was bombed and conflict increased.

This book is not an easy read, it does not flow with spiritual and love-inspired prose, rather it offers much scientific data and information which at first glance seem at odds with the book's apparent intent. The author encourages us to look at the evidence, understand the hope underlying the technology, accept that we have the power to change the world, and choose the only alternative open to most of us.



## Consider the Butterfly

### Transforming Your Life Through Meaningful Coincidence

Carol Lynn Pearson

Gibbs Smith

ISBN 1-58685-176-4

The letter had come from thousands of miles away, ".....and when I hear that song, I think of you, it's as though you're in the room with me....." I had turned down the volume on the radio before sitting down to open the letter, but not so low that I couldn't hear the opening strains of that very song.

We all have those moments, some sweet and reinforcing, such as the one I have just recounted, others profound and astonishing. The author of this book refers to meaningful coincidence as synchronicity, which can provide daily guidance for the soul and the ability to access the wisdom of the divine. She kept a diary of these everyday miracles, and this book is an

account of her personal journey with meaningful coincidence, which guided her in small everyday experiences as well as through personal tragedy. Many readers will find experiences which parallel their own, and will greet subsequent events with greater gratitude and comprehension.

While this is a book that you can dip into haphazardly, enjoying the humour and relishing the little "zings" of recognition, reading it through gives a greater sense of synchronicity as account after account reinforces the messages from the universe. By the way, this book was not one of those originally intended for review, but, as things turned out.....



# Mother's Legacy

by Laurel Burnham



**Doreen Ann Burnham**

On Friday, October 11th, 2002, my mother, Doreen Ann Burnham died. She was 73 years old. She left behind a husband of 50 years, five children, and five grandchildren. Statistically, she was entitled to at least another ten years of life. Ten years of seeing her beloved children find their way through parenthood, another decade of watching her wonderful grandchildren grow into interesting young adults. When I told people about my mother's death, many expressed their sympathy. My response was usually the same. "Please don't be sorry, it was a great relief. There are things worse than death." The way my mother spent her last years on earth was testament to that. Through her last years, I learned a great deal about death. I also witnessed our peculiar institutional treatment of the elderly and infirm, and how we sometimes treat dying, and what can happen when someone near and dear to you doesn't age well. I experienced a profound shift in my own understanding and behavior towards my own health and aging. I like to think that this is my mother's legacy.

Each one of our lives is like a beautiful tapestry. There are threads which are woven together to make up who we are and what we experience. When looking back over the threads of my mother's life, to try and pick out those elements which finally ended the pattern, there are a few which stand out. One of the inescapable threads that we must come to terms with is our genetic history. Not only do we get our eye and hair colour, our stature and so forth from our parents, but we also inherit genetic markers for a variety of predatory illnesses. My mother had heart disease, osteoporosis and diabetes in her genetic makeup. This was the dark face of the physical legacy left to her by her parents. This deadly trio worked together, as these diseases do, to eventually rob her completely of her health. Her slow decline started with menopause, and the onset of type II diabetes.

My mother's attitudes and behavior were also part of her story. Doreen trusted her doctors and the medical establishment implicitly. She did whatever they said to do, never questioning their authority, never seeking any answers outside the conventional. As a consequence, her high blood pressure was mismanaged for years. The good old small town family doctor

didn't put much faith in new ideas like the correlation between high blood pressure and diabetes, high blood pressure, stress and heart disease. Her relationship to her health well-being was very passive. My mother would have been the perfect patient.

My mother gave up exercise. She had tried yoga, walking and swimming. She said her legs hurt her, and so ceased doing exactly what she needed to do to maintain some kind of control over her high blood pressure, her diabetes and osteoporosis. A few years before she succumbed to a final stroke which destroyed most of her brain, it was discovered that she had been on a medication for over ten years that had hardened her arteries. It took a specialist at the UBC diabetes clinic to discover it, but by then it was too late.

My mother never regained her own self after all of us children left home. She lived, breathed and dreamed about us. She worried, fretted and prayed for us. She grew increasingly unhappy and unwell as she aged. She was a chronic worrier. We know that stress in the form of mental/emotional anxiety takes a tremendous toll on all our organs. Her heart, her pancreas and kidneys were all under stress. My mother worried diligently, assuring even greater damage to her poor, beleaguered body. This was yet another element in her demise.

As a consequence, my mother had a series of strokes. She also had a number of T.I.A.'s, the body's warning signs of imminent heart failure. These were ignored. She had a final fall, and broke her hip. The hip replacement was successful, but in the recovery room, she had a massive stroke. It robbed her of her mobility. She could no longer walk, or sit up, or use her right hand. She was incapable of any unassisted movement. It took her speech, and as far as we could tell, her memory and her cognitive processes. She was initially unable to swallow or chew her food. Our mother became almost unrecognizable as she declined. Who was this poor, sad, speechless husk of a woman? Surely not our beloved, smiling, chatty Mom. It took almost three years for my mother to finally let go of her body. As I sat by my mother's bedside one sad day, a kind of quiet resolve came over me. I took her hand in mine. I told her, as lovingly as possible, that I was not going to grow up to be like her. I knew that the dark face of her legacy to me was the same genetic markers of heart disease, diabetes and osteoporosis. I knew exactly what I had to do in order to outsmart those genes. We all know. All the information I can gather calls for these main things: a proper diet, mostly fresh fruits and vegetables and whole grains, a program of regular physical exercise, a positive attitude, and as far as possible a stressfree life. Not just a program, but a lifetime commitment to these things. I have picked up the torch, so to speak, and it has changed my life.

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# DAVID ORCHARD

*continues from page 20*

Iraq does however possess some of the world's largest reserves of oil, which it nationalized (with compensation), in the 1970s. Iraq has since refused U.S. demands to privatize the industry.

Around the world governments have, almost unanimously, raised their objections to any U.S. plan to assault Iraq. This includes the governments of Iraq's closest neighbours — including Kuwait — nations with the most cause to be nervous about Iraq's intentions, if nervousness is called for.

The unfolding of events in the coming weeks will go a long way towards determining whether or not we live in a world of international law or whether one nation can and will ignore the laws and conventions that other nations are expected, and indeed required, to live by. Without international law, it is the law of the jungle that remains.

With its history of advocating dispute settlement legally, by diplomatic and peaceful means, it is crucial that Canada at this moment speak directly and forcefully for the rule of law and against the trampling of the weak by the powerful. Our government should point out that we as a nation will not support an attack on Iraq.

Canada's voice, if used now, could influence the course of events. I, for one, hope on behalf of the thousands already dying in Iraq and the thousands more who will die if we don't speak, that we have the courage to act on our traditions. Canada has been a loyal ally of the U.S. for many years. Few Americans doubt the empathy Canadians felt and continue to feel towards the victims of September 11. Canada has a duty to point out that obliterating a defenseless nation half way around the world is not an appropriate step to take on the anniversary of the suffering in New York.

*David Orchard is the author of The Fight for Canada — Four Centuries of Resistance to American Expansionism, and was runner-up to Joe Clark in the 1998 federal Progressive Conservative leadership contest. He is an organic farmer in Borden, SK and can be reached at tel (306) 664-8443 or by e-mail at davidorchard@sasktel.net.*

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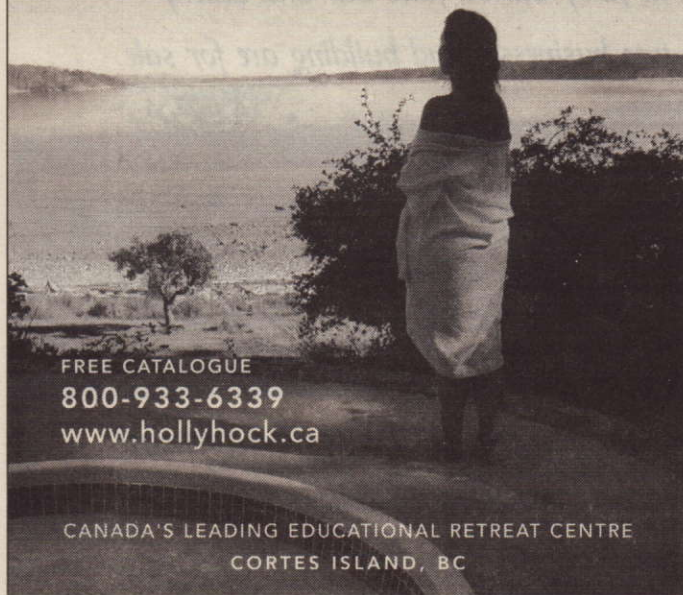
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# Astrological Forecast

## for February & March 03

by Moreen Reed

In the opening scene for **February** we see Saturn and Pluto coming to an opposition. This pair can ignite wars or force systems to transform because of limitations imposed by reality. Saturn and Pluto are not alone, Jupiter and Neptune are also opposing one another. This pair actually likes to play together. Jupiter and Neptune can bring spirit and belief together to inspire the world. The question will be whose vision? From a traditional point of view (aspects) these two pairs are not connected. But a closer inspection reveals during the course of the month Chiron will try to keep these four connected. I associate Chiron with vulnerability and openness. When he ties these two pairs together he creates the opportunity for literal "inner realization of truth" or the treacherous growth of a hidden illness.

On a less prominent corner of the stage, the Sun and Uranus are off doing a final hoorah in Aquarius. Uranus is barely connecting to the main event and this is probably a good thing. Staying objective, the good side of Uranus will allow you to compare and contrast propaganda for those kernels of truth. The chaos of Uranus will be limited for a time.

Mars spends his time with Saturn and Pluto creating moments when some will have to fight for their very existence! Venus hangs out with Chiron bringing the interrelatedness of systems into focus. Mercury catches Jupiter and Neptune which will encourage the sowing of visionary seeds.

The month begins with an Aquarian New Moon. The time is 2:48 am PST. Today you can plant big speculative dream seeds. Some may even lose touch with reality and go fanatical. Note the best dreams are ones that honour your personal truth. The highlighted degree symbolism is "A barometer."\* This suggests to me that a 'poll' taken today could reveal the weather for the next twenty-eight days on many levels. The keyword is "Indication." Mercury is in Capricorn.

The first week of February looks reasonable. The second week indicates the likelihood of a great struggle unfolding on the world stage. My hope is that this is not the outbreak of war.

The February 16th Full Moon is along the Leo Aquarius axis. The time is at 4:51 am PST. The light of the Full Moon shines on a moment quite like the pause at the top of a roller coaster just before the long plunge. Are we in a moment of grave danger, I for one hope not. But the potential for that picture can not be ruled out. Can we change direction? The Map says yes! Look to vulnerability and openness to draw new boundaries. The degree symbolism\* "A tree felled and sawed", key word is "Immediacy". The day after the Full Moon will produce a major energy shift.

February 21st Saturn stations and turns direct. The group who has been experiencing the thumb screws of reality this month can now expect that constructive change will make a difference. Those who do not take affirmative action are in danger of checking out. We will close out on a constructive note as Venus, Uranus and Mars combine to ignite passion.



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**Come Out, Bring Your Friends & Questions**

**March** is about the desire to shake off winter dullness and springing into action. The planetary picture this month is strongly echoing this classic theme. All the personal planets change signs this month sometimes twice. A new crowd is thrust to the front of line by Pluto. Uranus checks out his upcoming tour of duty in Pisces. Venus begins a new round of humanitarian relationships then joins Uranus in his foray into Pisces, hint: contact from real aliens, a.k.a. 'Men in Black.' Mercury starts anew with Uranus, this could be a break through in connectivity that shapes us for the next eighty-four years. Mars spends all month to catch Chiron, this starts a new round of construction in our social systems. The darkest note comes from Chiron who is highlighting the failures of our social structures to alleviate suffering. Saturn and Jupiter hold the same aspect for the entire month. They are asking people to let go of the familiar in order for a new order to emerge. This speaks well for people who want to introduce new products new styles or new economic directions.

The March 2nd New Moon is at 6:35 pm PST. Today is an opportunity to align with life/spirit. This looks like a baptism. The map speaks of separating from something old and stagnant and allowing a transformation through shared experience. Action creates an "ah hah"! There will be a moment when trust is required. The highlighted degree symbolism is "A sword in a museum"\* The keyword is "Example."

The world is vulnerable to sudden disasters involving air or water from the 6th to the 9th. Uranus slides into Pisces March 10th. This time around I expect a truly wireless world will grow

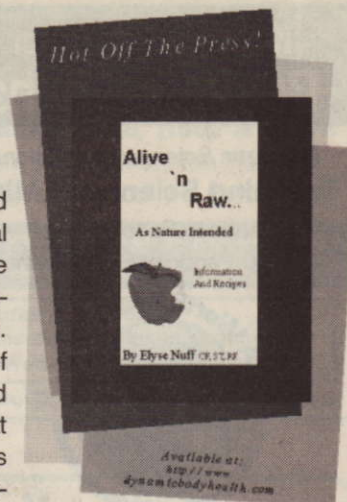
much like the radio phenomenon did in the 1920's. Water and Air will be vulnerable to chaos. I am hopeful of spiritual awakenings to be commonplace. Our experience or understanding of altered states will change. The third week of March has a very powerful upward moving energy pattern that can easily produce record achievements through collaboration.

The March 18th Full Moon along the axis is at 2:35 am PDT. The light of the Full Moon shines on those who have reached a pinnacle of success. The amount of traditional good news aspects today could possibly drown out the voices of despair. There is also a ghost of a grand mutable cross involved with the Sun and Moon suggesting a change of tide is not far off. The degree symbolism, \* "A fertile garden under a full Moon," key word is "Ultimacy."

The Spring equinox is at 5:00 pm PST March 20th. This map is said to set the tone for the next three months. Chiron stands exactly between the Sun and Moon opening us at a spirit/soul level. Uranus is only a few tentative steps into Pisces. What happens when personal truth meets universal or transcendent truth? Reality (Saturn), power (Pluto) and Jupiter's ego are barely moving, creating a feeling that time has slowed or stopped. Partnerships begin to show sign of strain.

Pluto turns retrograde on March 22. Those who's life has recently run a gauntlet of challenges, a word of advice. You are lined up with current history, here is your opportunity to advance the human species through making changes in your own life. Good luck! This journey will last two years.

\*\*Taken from 'The Sabian Symbols' by Marc Edmund Jones *ad to left*





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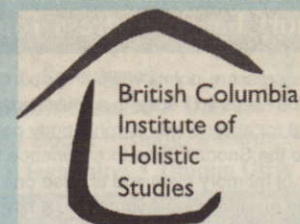
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